

**Claims**

1. The use of purified thylakoids and a carrier in the making of an oral composition for treating or preventing a disease or disorder involving the formation of reactive oxygen species or inflammation,  
5 with the proviso that the carrier does not essentially consists of water, physiological saline or propylene glycol.
2. The use of purified thylakoids in the making of an oral composition for preventing oxidative damages to components of the composition.
- 10 3. The use of claim 1 or 2, wherein the oral composition is food or food supplement.
4. A method for treating or preventing a disease or disorder involving the formation of reactive oxygen species or inflammation, in a subject, which comprises the step of orally administering an  
15 effective dose of purified thylakoids.
5. An oral composition comprising purified thylakoids and a carrier for oral ingestion or oral administration, with the proviso that the carrier does not essentially consists of water, physiological saline or propylene glycol.
- 20 6. The oral composition of claim 5, which is food or food supplement.

7. The oral composition of claim 5, which is a medication selected from the group consisting of a pellet, encapsulated granules and encapsulated powder.
- 5 8. The oral composition of claim 5, wherein the carrier is present in an amount of 0.01 % to 95% (w/w).
9. The use as defined in claim 1, 2 or 3, wherein the purified thylakoids are present in an amount which achieves a dosage of 0.1 to 10 mg per Kg of a subject's body weight.
- 10 10. The method as defined in claim 4, wherein the purified thylakoids are present in an amount which achieves a dosage of 0.1 to 10 mg per Kg of a subject's body weight.
11. The composition as defined in any one of claims 5 to 8, wherein the purified thylakoids are present in an amount which achieves a dosage of 0.1 to 10 mg per Kg of a subject's body weight.